



WINGSPREAD

RANDOLPH AIR FORCE BASE

64th Year • No. 5 • FEBRUARY 5, 2010



Randolph joins JBSA

Page 3

INSIDE ... NEW COMMANDER TAKES WING, P4 ... STUDENTS MAKE 'HEARTS OF HOPE,' P6 ... 560TH FTS SHINES, P8 ... HAWC FOCUSES ON HEART HEALTH, P11

TRAINING THE WORLD'S FINEST AIRMEN FOR TOMORROW ... DEPLOYING COMBAT-READY WARRIORS TODAY.

COMMENTARY

Lorenz on Leadership – A mentor's influence

By Gen. Stephen Lorenz

Air Education and Training Command commander

Mentors touch our lives and help shape us into the people that we are today. We value mentorship in the Air Force and both develop it in our subordinates while seeking it from our supervisors. I like to think that one cannot have enough mentors, nor can one mentor enough. I've had many through the years, but one sticks out above the rest. This particular mentor touched my life in two important ways – separated by nearly 40 years.

While a cadet at the U.S. Air Force Academy, I struggled to keep my grades up. I was on the dean's "other list" six of eight semesters. Now, in the end, I managed to defeat my academic demons and graduate with a commission in 1973, but I certainly didn't do it alone. I owe my success in large part to my academic adviser and mentor, Col. Joe Henjum.

Now, Colonel Henjum wasn't what I expected when I met him for the first time in 1971. To be honest, I don't think I knew what to expect. He had been awarded the Silver Star for heroism while flying helicopters in Vietnam. I quickly learned that Colonel Henjum was the kind of person who was easy to look up to and even easier to follow. When he took me and my academic worries under his wing, I was proud to be there. I knew that his guidance, combined with persistence and determination on my part, would lead me through the challenge. In the end, it most certainly did.

When I walked across the stage with the rest of the Class of 1973, I strode with the confidence that Colonel Henjum had helped build within me. He had been a crucial part of my Academy experience and, in many ways, part of who I am today. I kept in touch with Colonel Henjum over the years, often thanking him for making a difference in my life. I never imagined that his influence would impact me all over again, especially at this point in my career.

The second time Colonel Henjum touched my life began with tragic news. On Jan. 1 of this year, Colonel Henjum passed away after battling a long ill-

ness. His son, Mark, asked if I would speak at his father's memorial service. I was touched by his request and spent hours trying to find the right words to convey how great a person had just left our earth. I wanted to make sure that everyone understood the lasting difference he made in the lives of others.

When it was my turn to speak, it came from my heart. I told the crowd about a man who dedicated his life to serving and helping others. When I finished, his son rose to speak. While listening to Mark's story, I found Colonel



"Go and thank those who have guided you through the years and take time to make a difference in the lives of those whom you mentor. Our Air Force is only as good as those of us who serve."

Gen. Stephen Lorenz

Air Education and Training Command commander

Henjum leading me on another journey. I was touched and want to share the story with you.

A few months ago, Mark accompanied his father to the hospital ... and they both knew what was about to happen. The doctor was going to tell Colonel Henjum that he only had three months left to live. It was an appointment they were both dreading. While riding up to the doctor's floor, Colonel Henjum greeted the building janitor who shared the elevator with them. He complimented the janitor for keeping the building so clean. The janitor was shocked – no one had ever thanked him before. Colonel Henjum noticed the building and took the time to notice the janitor. His actions resonated with me. That janitor would never forget Colonel Henjum.

When getting off the elevator, Colonel Henjum introduced Mark to the receptionist. He told Mark about the receptionist's son who was a Marine and cur-

rently flying combat missions in Afghanistan. He reassured the receptionist that her son would come home safely; Marines are excellent pilots. Not only had Colonel Henjum met and talked with the receptionist before, but he remembered her and took precious time to introduce his son. He even thought to reassure her fears with a son deployed to combat operations.

Now, think about it. Colonel Henjum was riding the elevator to find out that he didn't have much time left. Instead of lamenting his fate, he was con-

cerned about others. That day, he made a difference in their lives. Almost 37 years after graduating from the Air Force Academy, Colonel Henjum was once again making a difference in my life.

I always like to tell people that they should strive for two things in life: make a difference in people's lives and leave the campground better than you found it. Colonel Henjum certainly did that throughout his 75 years. He mentored me as a cadet at the Air Force Academy and once again just this last month. I couldn't ask for a better mentor and friend.

Go and thank those who have guided you through the years and take time to make a difference in the lives of those whom you mentor. Our Air Force is only as good as those of us who serve. Let's all work hard to make each of us a little better each and every day – just as Colonel Henjum did for me and many others.

ON THE COVER

Maj. Frank Hellstern (left), 902d Security Forces Squadron commander, and Senior Airman Salvador Gutierrez, 902d SFS, furl the 12th Security Forces Squadron flag at an activation ceremony Tuesday in Hangar 4 here where the 12th Mission Support Group inactivated and became the 902d MSG under the 502d Air Base Wing, also known as Joint Base San Antonio.

Photo by Rich McFadden

WINGSPREAD

502d Air Base Wing
Operating Location Bravo
Editorial Staff

Brig. Gen. Leonard Patrick
Commander

Mike Briggs

OL-B Chief of Public Affairs
Senior Airman Katie Hickerson

Editor

Robert Goetz, Sean Bowlin
Staff Writers

Maggie Armstrong
Graphic Designer

Wingspread Office

1150 5th Street East
Randolph AFB, Texas 78150
Phone: (210) 652-5760
Fax: (210) 652-3142

Wingspread Advertisements

Prime Time Military Newspapers
2203 S. Hackberry
San Antonio, Texas 78210
Phone: (210) 534-8848

Wingspread e-mail

news@randolph.af.mil

This paper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Randolph AFB, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Wingspread* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Prime Time Military Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the Public Affairs Division of the 502d Air Base Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the *Wingspread* office in Hangar 6 or sent by e-mail to news@randolph.af.mil.

For details about submissions, call 652-5760.

The 12th Flying Training Wing change of command ceremony takes place today at 10 a.m. in Hangar 4

NEWS

12th Mission Support Group becomes joint base's first unit



Photo by Rich McFadden

Brig. Gen. Leonard Patrick, 502d Air Base Wing commander, speaks at the activation ceremony Tuesday here in Hangar 4 where the 12th Mission Support Group inactivated and became the 902d MSG under the 502d Air Base Wing.

By Robert Goetz

502d Air Base Wing OL-B Public Affairs

History was made at Randolph Tuesday when the base's mission support group became the first unit to join the landmark 502d Air Base Wing, an organization that unites the installation support functions at two Air Force bases and one Army post in San Antonio.

The 12th Mission Support Group, with more than a half-century of service to the Air Force behind it, inactivated and became the 902d MSG under the 502d ABW, also known as Joint Base San Antonio.

The 12th MSG's four squadrons and three divisions, the 12th Comptroller Squadron and 12th Flying Training Wing staff agencies also joined the 502d ABW during the activation ceremony in Hangar 4.

Brig. Gen. Len Patrick, 502d ABW commander, called the reorganization of the mission support group, comptroller squadron and wing staff agencies "a first step" and pledged support to Col. Alan Lake, 902d MSG commander, and Lt. Col. Chris Crane, 902d CPTS commander.

"It is my pledge that I will give you and your staff everything you need to accomplish your mission – to meet our mission partners' needs," General Patrick said.

Joint Base San Antonio, a product of 2005 Base Realignment and Closure legislation, combines support functions at Randolph and Lackland Air Force Bases and Fort Sam Houston. The 502d ABW has its

headquarters at Fort Sam Houston.

"Since the 502d ABW activated last July, we've had the opportunity to build relationships, hire staff and start merging processes for three historic installations," General Patrick said.

He said the air base wing, once complete, will become the largest entity in the Department of Defense, adding the objective of joint basing is to "provide the best possible support to the installation partners from this day forward, to become even more efficient and effective."

"I anticipate a streamlining of processes at the three installations and incorporating common policies," he said. "We'll see more consistently superb service to our customers. To steal a phrase, we want excellence in partnership."

But he also said he wants "corporate common policies and procedures to strive to maintain the heritage and culture of each installation."

Col. Jacqueline Van Ovost, 12th Flying Training Wing commander, commended the work of the 12th MSG, the 12th CPTS and wing staff agencies in her remarks. Under the realignment, the 12th FTW relinquishes its installation support functions to the 502d ABW to concentrate solely on its flying training mission.

She said the transition to the Joint Base San Antonio structure "will be transparent to the members of Team Randolph because they will continue to receive world-class support from the mission support group and staff agencies."

New commander introduces himself to Team Randolph members

By Robert Goetz

502d Air Base Wing OL-B Public Affairs

Brig. Gen. Len Patrick activated the 902d Mission Support Group under the 502d Air Base Wing Tuesday morning.

He brought his philosophy of leadership and cooperation to his new troops in his first commander's call at Randolph a day later.

"Don't be afraid to share your wealth and your understanding and your experience with the person next to you," said General Patrick. "In the end, we're stronger by communicating; we're stronger by sharing common experiences."

General Patrick is the first commander of the 502d ABW, the result of Base Realignment and Closure legislation in 2005. Also known as Joint Base San Antonio, the new organization based at Fort Sam Houston combines installation support functions at Randolph and Lackland Air Force Bases and Fort Sam Houston.

In his inaugural commander's call, General Patrick showed Team Randolph members the air base wing's new patch, which borrows elements from the participating installations and all armed services – a design he called "simple but representative."

He also discussed the intention of the BRAC decision to "bring common infrastructure municipal services support on an even keel" throughout all joint bases and the massive impact of the 502d ABW – 80,000 permanent-party military personnel and government civilians, 140,000 students per year, an operations and maintenance budget of \$850 million and a plant replacement value in excess of \$10 billion.

General Patrick said the Air Force will take the lead role at six of 12 joint bases, including Joint Base San Antonio, but the traditions of all services will be preserved.

"That's significant to our Army brethren," he said. "They think the Air Force is taking over. I go out of my

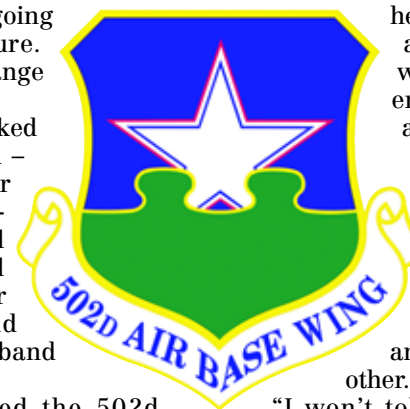
way to say I'm not going to change your culture. I'm not going to change the names."

General Patrick talked about his background – a military brat, an Air Force Academy graduate who's a career civil engineer, a wing and squadron commander at Lackland and Randolph and a husband and father of two.

He also introduced the 502d ABW's command chief, Chief Master Sgt. Juan Lewis, who later talked about his commitment to the Air Force Core Values and Airman's Creed and to team members who demonstrate "PEP" – pride, enthusiasm and passion.

But General Patrick devoted much of his first commander's call to his ideas and his expectations on everything from tolerance to teamwork.

"I have no tolerance for intolerance,"



he said. "I have no tolerance for a harassing work environment or an environment that doesn't allow freedom to grow and freedom to think."

General Patrick urged Team Randolph members to be cooperative, even if they belong to different units, to be innovative and to reach out to each other.

"I won't tolerate a lack of teamwork," he told a packed base theater. "If there's a problem, help solve it. Be part of the solution and not part of the finger-pointing. What I need you to do is work together."

General Patrick also told his troops to find time for themselves and to have fun at work.

"If you're not coming to work and having fun, you need to find something else to do," he said.

New commander focuses on successful change

By Michael Briggs

502d Air Base Wing OL-B Public Affairs

The colonel who takes command of the 12th Flying Training Wing today at a 10 a.m. ceremony in Hangar 4 has his sights set on leading the wing through current organizational and operational changes.

Col. Richard Murphy said he is looking forward to building on the momentum the wing has gained in transitioning to Joint Base San Antonio and adapting to training mission changes so the 12th FTW can continue to excel in its performance.

Colonel Murphy comes to Randolph after serving as vice commander of the 71st Flying Training Wing at Vance Air Force Base, Okla., since June 2008. He succeeds Col. Jacqueline Van Ovost, commander of 12th FTW since March 2008, who is leaving Randolph to become commander of the 89th Airlift Wing at Andrews AFB, Md.

Speaking via the telephone Jan. 26 while the movers were packing his household goods, Colonel Murphy said his first priority will be to see the transition to joint basing through to a successful conclusion.

"I want to make sure it works and that the 12th is



"I look forward to getting out to the groups and squadrons ... so I can know how best to serve the people and mission of the 12th FTW as commander."

Col. Richard Murphy

doing everything we can to ensure General Patrick and the 502d Air Base Wing receive the support they need from us as they move forward from initial operating capability now to full operating capability in the fall," he said.

As of Tuesday when Randolph made its transition to the Joint Base San Antonio structure, the 12th FTW comprises a command section, small contingency of wing staff functions, 12th Operations Group, 479th Flying Training Group and 12th Maintenance Directorate. The wing's installation support functions in the mission support group, comptroller squadron and most of the wing staff agencies left the 12th FTW to align under the 502d Air Base Wing and the command of Brig. Gen. Len Patrick with headquarters at Ft. Sam Houston.

In addition, the 12th Medical Group became the 359th Medical Group Monday and aligned under the

59th Medical Wing at Wilford Hall Medical Center.

All of those actions were directed by 2005 Base Realignment and Closure legislation. While the MSG and MDG are aligned under different commands now, they will continue to support the Randolph population and installation as they have in the past.

Colonel Murphy said his training mission priority is to ensure the successful transition of the combat systems officer program to Naval Air Station Pensacola, Fla., and the continued enhancement and growth of the wing's remotely piloted aircraft courses. The CSO mission move to Florida is also a BRAC 2005 action.

The colonel will also ensure the pilot instructor and introduction to fighter fundamentals missions maintain their superior performance of preparing aviators to train the next generation of Air Force pilots, he said.

"I'm excited to be coming to a wing known for its excellence in all facets of operations and to work and live at a base with such a renowned history," he said. "I look forward to getting out to the groups and squadrons to see our operations first hand so I can know how best to serve the people and mission of the 12th FTW as commander."

Antiterrorism force protection measures set for assessment

By Robert Goetz

502d Air Base Wing OL-B Public Affairs

A "fresh set of eyes" will focus on Randolph next week to assess the base's vulnerability to terrorist activity.

Specialists from the Air Force Security Forces Center Operations Division's Vulnerability Branch will conduct an Air Force Vulnerability Assessment, looking at everything from Randolph's buildings, roads, potable water and food venues to force protection operational plans and the base community's antiterrorism awareness.

"This is an assessment that's done every three years," said Mance Clark, Antiterrorism Force Protection officer. "Every year we look at our own programs, but with a higher-headquarters vulnerability assessment you're getting a fresh set of eyes to look at particular vulnerabilities."

In addition to identifying vulnerabilities, the eight-man team provides commanders with recommendations on how to eliminate or minimize the risk of terrorist activity.

Mr. Clark said the team looks at details such as antiterrorism measures that are included in the contracting process when a new building is being constructed – from personnel involved in the process to physical antiterrorism measures such as the type of glass used, wall construction, the distance between the

parking lot and the building, emergency egress and alarms to alert people of possible danger.

"You have to get all the required disciplines at the beginning of the process and make sure the process includes antiterrorism and facility design requirements," he said. "All hands have to come together to make a solid foundation."

Mr. Clark said recommendations from previous assessments have resulted in a number of AFP enhancements, including the state-of-the-art main gate with final denial barriers that prevent hostile vehicles from entering or leaving the base, the Air Force Personnel Center building egress system and specialized post office equipment.

He said another improvement to the main gate design, increasing the distance from FM 78, gives gate guards more time to react to possible threats.

Mr. Clark said Randolph's AFP program has steadily improved over the years with help from the vulnerability assessments. Last year it was recognized as AETC's best installation program.

"We've identified numerous vulnerabilities we've been able to mitigate," he said. "We've made the installation harder and stronger."

Mr. Clark said members of the team will wear readily identifiable badges and interview people throughout the base community, including family members, asking



Photo by Steve Thurow

Officer Clifford Martin places ballards at the main gate to control the flow of traffic entering and exiting Randolph on Tuesday.

See ANTITERRORISM P6

Showplace Showcase



Duty Title:

Lead assistant executive officer

Hometown:

Parkland, Fla.

Hobbies:

Motorcycling, technology, videography, target shooting

Goals:

Short term, I'm looking forward to earning my wings as an EWO. Long term, I hope to have a long and prosperous career in the Air Force doing what I can to help my fellow service members and perhaps do a little good in this world.

Personal Motto:

"Keep Chopping."

— Greg Schiano, Rutgers University head football coach

Greatest Accomplishment:

Becoming an Airman in the United States Air Force without a doubt... And perhaps managing to ride a motorcycle through the Randolph O-Club!

Pet Peeves:

Anything that stands in the way of accomplishing the mission at hand for no logical reason.

Personal Inspiration:

My parents Adrian and Ronnie-Sue – they have given so much to ensure that my brother and I could be successful in life.

Commander's Comments:

"The first time I really met Lieutenant Goldfarb, he was riding his Harley-Davidson through the Parr O' Club as a part of the dining-in entertainment during the 36th Freedom Flyers Reunion, which was a unique introduction that's for sure! He is a committed individual with a can-do attitude and his skills have been invaluable to the running of the 12th Operations Group over the past year."

— Col. Ronald Buckley

12th Operations Group commander

**2nd Lt.
Joshua Goldfarb**
12th Operations Group



Air Force medical units merge in San Antonio

By Linda Frost

59th Medical Wing Public Affairs

The 59th Medical Wing at Lackland Air Force Base just got bigger.

All Air Force medical treatment facilities in San Antonio now fall under a single command structure.

Monday marked the activation of two new medical groups. The 12th Medical Group at Randolph Air Force Base became the 359th Medical Group, and the 37th Medical Group at Lackland became the 559th Medical Group.

The realignment unites the medical units and their subordinate squadrons from Randolph and Lackland Air Force bases under the 59th MDW. With the addition of approximately 700 members from these two groups, the wing grows to approximately 6,000 active-duty members, civilians and contractors.

The 59th MDW headquarters is located at Wilford Hall Medical Center and led by Maj. Gen. Thomas Travis.

The consolidation will be transparent to beneficiaries. There will be no change in services at the Randolph, Lackland, Brooks or Kelly clinics. Military and civilian personnel will see little impact, with the exception of changes in rating officials, in some cases.

The transition of Air Force medical facilities here is a direct result of the 2005 Base Realignment and Closure Recommendation 146, under which installation support functions are consolidated at 12 locations across DoD.

In San Antonio, the newly formed 502d Air Base Wing will be responsible for the mission support groups at each installation, while the 59th MDW assumes responsibility for the Air Force medical

"I have no doubt that the excellent medical support of the bases and their missions will continue, and even get better. That will be my goal, and my entire team's goal, as we begin this new adventure called Joint Base San Antonio."

Maj. Gen. Thomas Travis

59th Medical Wing commander

groups. The realignment helps streamline medical contingency operations planning, installation and clinical support by creating a single interface point for all installations in the area.

"The installations' missions drive the support, not vice versa. Under Joint Base San Antonio, the 59th MDW now has a responsibility to directly support the missions and commanders at each of the installations through the newly activated medical groups," said General Travis.

The 59th MDW operates the Air Force's largest medical facility. Its mission is to provide deployed and in-garrison health care, graduate medical education and clinical research, all designed to enhance readiness.

The medical realignment coincides with the joint base standup of the 502d ABW's subordinate units Tuesday.

In an early morning ceremony at Randolph AFB, the 12th MDG was inactivated by Col. Jacqueline Van Ovost, commander of the 12th Flying Training Wing, the prior host unit, followed by the immediate activation of the 359th MDG by General Travis.

"The realignment of the medical group here under a medical wing is a change that has the right vector," said Colonel Van Ovost.

"While the medical group will no longer belong to the 12th FTW after today, it will still provide the world-class health care it always has to the greater Randolph community, only now it will be able to do more under the umbrella of a large medical system that reaches across all of San Antonio," she added.

Assuming command of the 359th MDG is Col. Soledad Lindo-Moon, with four squadrons assigned.

Meanwhile, an afternoon ceremony at Lackland commenced with the inactivation of the 37th MDG, led by Col. William Mott, 37th Training Wing commander. During the activation portion of the ceremony, General Travis stood up the 559th MDG.

"This medical group is an outstanding organization," said Colonel Mott. "Change is never easy, but this is one change that is going to work just fine."

The 37th MDG has a long history dating back to 1953 and has served in Vietnam.

Col. Rick Campise will lead the 559th MDG with two squadrons.

"I have no doubt that the excellent medical support of the bases and their missions will continue, and even get better. That will be my goal, and my entire team's goal, as we begin this new adventure called Joint Base San Antonio," said General Travis.

Randolph students make 'HeARTS of Hope for Haiti'

By Sean Bowlin

502d Air Base Wing OL-B Public Affairs

All art classes at Randolph Elementary School – as well as faculty and staff members – are creating and selling clay hearts to raise money to help Haitian earthquake victims.

“The original goal was to raise \$6,000 – that’s ten dollars per heart and that also represents one heart for every student in the school here,” said Linda Heier, RES art teacher. “So far, we’ve raised \$7,400 and because of the overwhelming response, we’ve raised the goal to \$10,000.”

Ms. Heier said soon after the quake in Haiti, students were talking in class about the devastation there. So, teachers took time out to discuss it in class as a teaching moment. It was then they heard several students wondering aloud if just one person could make a difference.

Ms. Heier then said she and several other teachers discussed the students’ thoughts.

“The children were really worked up about the quake,” she added.

Eventually, students and teachers collaborated to form teams in Ms. Heier’s art classes. Students press and texturize clay, make heart-shaped molds, stamp the clay hearts out and assemble the clay sides of the hearts together. The hearts are then kiln-fired and glazed twice, painted and sold to the public.

“We set our goals for sales after doing the math. The students, by doing this, are learning about teamwork – and things like marketing skills, plus supply and demand,” Ms. Heier said.

Two of Mrs. Heier’s fourth-grade heart-making art students, Hector Ortega and Angelique Salazar, said they were happy to assist the victims – and this seemed like a good way to do so.



Photo by Steve White

Randolph Elementary School students Angelique Salazar (left to right), Hector Ortega, Hailey Schmidt and Serena McFarland and mold clay hearts in art class to raise money for Haitian earthquake victims.

“There are stories about kids who got hurt there and can’t get medicine,” Hector said. “They’re running out of it over in Haiti. Maybe the money from this will help buy some.”

Angelique agreed and added, “It also makes me happy to help people there that need homes and money more than we do here.”

Randolph Elementary School principal Karen Bessette said she was very proud of the spirit of giving and helping those in need at her school.

“We had kindergartners coming in with birthday money after emptying their piggy banks, all to buy hearts to raise money for the effort,” Ms. Bessette said. “One little boy said he could get more toys and more money later – but the people in Haiti needed the money now.”

The hearts are available for purchase for \$10 each at the Randolph Elementary School office.

For more information, call the school office at 357-2345.

STAND BY YOUR PAN

Play it Safe in the Kitchen

Did you know cooking is the number one cause of home fires? Most kitchen fires occur when people get distracted and leave their cooking unattended on the stove. If you must leave the kitchen when you’re cooking, turn off the stove and remove the pot from the burner... especially if you are using oil or high temperatures.

Randolph Fire Emergency Services asks you to keep a close eye on the stove when cooking. If a pot catches fire, slide a lid over the pot to smother the flames, and then turn off the stove. Never use water or flour to extinguish a stove fire. Always wear tight-fitting or rolled-up sleeves when cooking. A dangling sleeve can easily brush against a hot burner and catch fire.

Message courtesy of Randolph Fire Emergency Services

ANTITERRORISM from P4

them if they know what force protection condition, or FPCON, Randolph is in and if they know how to report an emergency. They may also ask Team Randolph members if they can name their antiterrorism unit representative.

“Antiterrorism is a partnership of everybody on the installation for the protection of all,” he said.

The team will also look at:

- Current threats and force protection conditions, the threat assessment process and operations security.
- Physical security and force protection operational plans, personal protection procedures and security forces manning, training and equipment.
- Selected facilities as part of a quantitative analysis.
- The potential for terrorist incidents involving fires, base utilities and environmental programs.

“We have good assessments behind us, but we can’t rest on our laurels or we make ourselves vulnerable,” Mr. Clark said.

Base BRIEFS

Retirement

Congratulations to Lt. Col. Chris Schweinsberg, 19th Air Force, on his retirement.

Fridays free at SA rodeo

Military ID card holders — active-duty personnel and their families as well as retired service members — can visit the grounds of the San Antonio Stock Show and Rodeo every Friday for free. The rodeo runs through Feb. 21 and the grounds are home to the rodeo carnival, animal pens and displays.

The San Antonio-based financial services company USAA is underwriting the entry fees for all military and their families.

The grounds open Fridays at 10 a.m. and visitors need to present their ID cards at the main gate to receive the free pass.

Regular admission is \$7 for adults, \$5 for senior citizens and \$2 for children 2-11.

Change of command

Lt. Col. Robert Orris, formerly 562nd Flying Training Squadron director of operations, assumed leadership of the 563rd FTS during a change-of-command ceremony Monday, succeeding Lt. Col. Christopher Wellborn.

South gate closure

Due to delays, the renovation of the south gate will continue until March. The gate will remain closed during this time.

Tuskegee Heritage Breakfast

The second annual Tuskegee Heritage Breakfast, part of African-American History Month at Randolph, takes place Monday at 8 a.m. at the 99th Flying Training Squadron, Hangar 12. Breakfast will be served from 8-8:30 a.m. and some of the original Tuskegee Airmen will discuss their experiences from 8:30-9:30 a.m.

For more details, call Lt. Col. Tim Popovich, 652-0829.

Women's History Month

The Women's History Month Committee meets at noon every Thursday in February at the Randolph Education Center, Room 35.

For details, call Tech. Sgt. Wanda Simpson at 652-4848.

Knowledge Bowl

In observance of African-American History Month, a "Knowledge Bowl" is scheduled Saturday at 9 a.m. at Randolph High School. Maj. Gen. K.C. McClain, Air Force Personnel Center commander, will serve as judge. Call Master Sgt. Montez Jones, 487-2405, for more information.

BX closures

The Military Clothing Sales Store will close Feb. 17 and the BX food court will close at 3 p.m. Feb. 18. Both will reopen Feb. 19 in the new BX shopping center and food court. An official grand opening and ribbon cutting is scheduled for March 5.

Thrift shop

The Randolph Thrift Shop will be open Saturday from 9 a.m. to 2 p.m. The monthly outside sale will be conducted, weather permitting. Consignments for the outside sale begin at 8 a.m. with sales beginning at 9 a.m. The thrift shop is in need of brown paper bags and shoe boxes and is now accepting spring-type clothing for consignments. Summer clothing will be accepted beginning March 1.

EDUCATION CENTER - 652-5964

CCAF grad deadline

Feb. 26 is the cutoff to be included in the Spring 2010 Community College of the Air Force graduating class. All CLEP/DANTES scores and official transcripts must be at CCAF by this date. Students who have sent official transcripts to CCAF should follow up by contacting the education center to make sure they arrived. Once the transcripts are there, students can be

NOW SHOWING at the Randolph Theater

"Precious" - (R)

Mo'Nique, Gabourey Sidibe
Today @ 7 p.m.

"Sherlock Holmes" - (PG-13)

Robert Downey Jr., Jude Law
Saturday @ 6 p.m.

"About the Morgans" - (PG-13)

Sarah Jessica Parker, Hugh Grant
Sunday @ 3 p.m.

\$4 for adults
\$2 for children 11 and under
Call 652-3278 for details.

nominated for the degree. Nomination for a degree is not automatic.

For more information, call a counselor at 652-5964.

For a complete listing of briefs, visit www.randolph.af.mil and click on 'Round Randolph.'

Get Into Safety Head First.



Always wear your helmet.



(800) 446-9227
www.msf-usa.org

WHO'S YOUR WINGMAN?



There are some things in life that just weren't meant to be handled alone ... If you need a Wingman, the base Chaplain, the mental health counselors and the people at 1-800-SUICIDE (784-2433) are ready to help.



Above: Greg Loser, a contract simulator instructor, sets up an emergency procedure scenario for a T-38 student in an operational flight trainer Wednesday. Right: Used to train pilots slotted to fly in fighter/attack and bomber aircraft, a T-38 takes off with full afterburner during a local training flight Jan. 28.



Photos by Steve Thurow
First Lt. Dustin Duke, training with the 560th Flying Training Squadron to be a T-38 instructor pilot, checks his surroundings while in a left turn during an emergency procedure simulator flight Wednesday.

Below: Capt. Carl Maymi, training with the 560th Flying Training Squadron to be a T-38 instructor pilot, checks practice procedures for a fire warning on take-off during an emergency procedure simulator flight. Below right: Contract simulator instructor Lennie Day goes through the emergency procedure checklist with Capt. Carl Maymi.



Making T-38C instructor pilots is 560th FTS mission

By Sean Bowlin
502d Air Base Wing OL-B Public Affairs

First, you take a group of very experienced T-38C instructor pilots, mostly majors or lieutenant colonels, who’ve instructed trainee pilots and who’ve flown various weapons systems.

Then, these IPs teach mostly student captains and majors, who have about nine years in the Air Force on average and who will graduate as new instructor pilots, ready to show the Air Force’s undergraduate pilot trainees how to fly that jet.

That’s the nutshell version of how Pilot Instructor Training, or PIT, works at Team Randolph’s 560th Flying Training Squadron.

“Our typical instructor pilot here has at least two full tours under his belt before he gets here – one flying a weapons system and one UPT instructional tour,” said Lt. Col. John Melloy, 560th FTS deputy for operations. “It creates a fairly unique dynamic. There are no lieutenants and very few captains here as instructors but there are several majors and lieutenant colonels.”

Colonel Melloy said PIT begins with a lot of classroom instruction at the squadron’s headquarters, which gradually transitions into simulator training.

Then, near the third phase of training, the syllabus becomes more flying-intensive.

This means sometimes PIT trainees fly twice daily. Much of it – after initial check rides and training – is from the airplane’s back seat, where PIT student IPs learn to think like the instructor – and their PIT instructor acts like a student.

“First, the student IP’s in PIT will learn to do the maneuver. Then, they’ll learn to talk a trainee through the maneuver, to talk while flying – to paint a verbal picture while doing it. It takes practice and it’s challenging,” the colonel commented. “The PIT IP in the front seat will fly and the trainee IP in the backseat has to detect his mistakes – and fix them while trying to force the PIT IP, who’s acting as a student, to pick an option, or he might have to demonstrate the preferred maneuver to him so the ‘student’ can see it.”

Colonel Melloy said in-flight mistakes can be made to a certain point, but if the trainee instructor pilot doesn’t intervene and fix them once having detected them, then the ‘student’ – the actual PIT IP – will intervene himself.

Each of the squadron’s three flights – A, B and C – of PIT IPs has full-time instructors, augmented instructors who work in other capacities on Randolph and full-time reservist IPs.

A class is comprised of anywhere between six to eight students. The squadron graduates 100 to 140 students per year with each PIT class lasting three months.

There’s also a Standards and Evaluations flight, whose pilots conduct “check rides.”

“Stan-Eval gives quite a number of check rides,” Colonel Melloy said. “That’s because every PIT student takes six check rides per course and every PIT IP takes two check rides per course.”

One PIT student, Lt. Col Allen Rhyne, who has almost 2,000 hours and 14 years flying the F-16, much of that at the operational instructional level, said the course was a welcome return to the fundamentals of jet flight.

“You learn to teach subjects like where to put your hands in the cockpit and how to move them,” Colonel Rhyne said, “instead of taking someone who knows how to fly and showing them how to employ their aircraft as a weapons system. It’s very much back to basics.”

Colonel Rhyne also said the PIT course at the 560th taught him errors to expect from a UPT student, to try various instructional techniques and to remember that each student will be a little different from the next. He also learned to deal with a range of different cockpit personalities and learning abilities, which will help him

when he reports to Laughlin AFB in Del Rio, Texas, as a UPT instructor pilot after he completes PIT training in March.

For Capt. Alex Edwards, 560th FTS PIT instructor and flight commander, the most rewarding aspect – besides flying a lot – of his job as a flight commander is what he called “the seriousness of what we do here.”

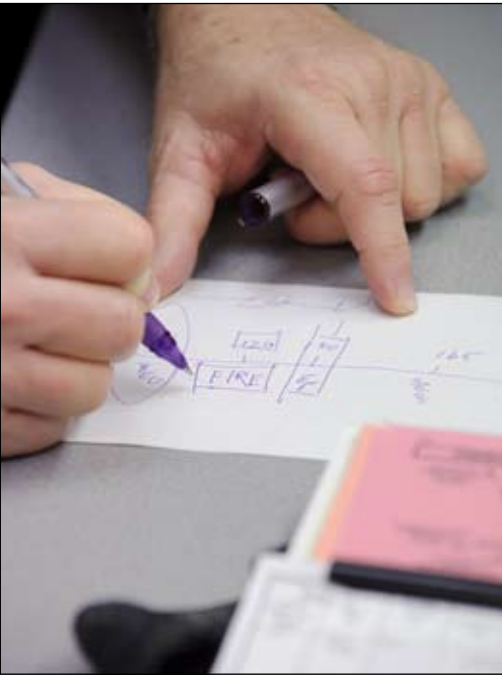
“What you teach future PIT instructors here is what they’ll take to UPT – and show to a student – about how to stay alive,” he emphasized.

The captain, a former UPT instructor, said future UPT instructors who pass through the 560th must keep in mind that they exercise a tremendous influence over the Air Force’s future pilots as UPT instructors.

“That’s because you’re a pilot and they want to be like you, in a sense,” he said.

In PIT instruction, he reasoned there are techniques he can teach pilots more seasoned than him, but there are also things he can learn from his very experienced students, who are also eager to learn about instructing.

“Most of these folks are so receptive. They’re like sponges and if you show them something in a way that doesn’t insult their intelligence while also learning from them, it’s great,” Captain Edwards concluded.



A contract simulator instructor goes through minimum and maximum ground speeds and the correct emergency responses with a T-38 instructor pilot student training with the 560th Flying Training Squadron prior to an emergency procedure simulator flight Wednesday.

ADVERTISEMENT


www.RandolphFSS.com

12th Force Support Squadron Briefs

MISCELLANEOUS

• Lunch sandwich special

During February buy one sandwich of the month on Monday's from 11 a.m. to 1 p.m. at either club and get a second at half price.

• Super Bowl XLIV

Head to the Kendrick Club on Sunday for the best Super Bowl parties in Texas. The Nite Club opens at 11 a.m. for the tailgate party and won't close until the game is over. Gil's Pub opens at 3 p.m. for a private VIP party.

ARTS AND CRAFTS CENTER – 652-5142

• Vocal coaching

This 50-minute session will help prepare you for auditions, formal practice regimens or performances. This targeted coaching offers training on vocal techniques specifically tailored for individual voice qualities and vocal needs for a specific performance or audition. Cost is \$45 plus supplies. Call 652-5142 to make an appointment.

AUTO SKILLS CENTER – 652-2952

• Learn to maintain your vehicle

Learn to change your oil, rotate your tires and do a brake job in this two-session class. Classes are held on Tuesdays, March 2 & 9 from 6-8 p.m. Cost is \$45 plus supplies.

BOWLING CENTER- 652-6271

• Sweetheart mixed doubles tournament

Celebrate Valentine's Day by bowling in the Sweetheart Mixed Doubles Tournament on February 14 at 1:30 p.m.

The team composition is one male and one female. The price is \$25 per couple and you must sign up in advance.

• Presidents' Day bowling special

Commemorate President's Day on Feb. 15 from 1-6 p.m. with \$2 per game, per person bowling and \$2 shoe rental.

KENDRICK CLUB – 652-3056

• Super Bowl special

The special offered all day on Sunday is a 12 oz. NY strip with steak fries and green beans for only \$13.95 for members or \$15.95 for nonmembers. And if you buy one steak, you get the second at 50% off. Coupons will NOT be accepted.

LIBRARY – 652-8901

• Children's story time

The next story time take place Feb. 10 at 10 a.m.

OUTDOOR RECREATION/ITT – 652-5640

• Bargain warehouse

The next Bargain Warehouse is scheduled February 10 in Bldg. 1139 from 8-9 a.m. for active duty E1-E6 and 10 a.m. to 2 p.m. for all other DoD ID cardholders. Only checks and cash are accepted as payment. There is a limit of two of the same item per sponsor ID card unless otherwise posted. All items must be picked up by 2 p.m.

A limited number of people will be allowed in the building at one time so come prepared to stand in line. We suggest you bring an umbrella, a coat and some water to ensure your comfort. Call 652-5268 for more information.

PARR CLUB – 652-4864

• Valentine's Day dinner & dance

Share a romantic evening with your "special" person on February 13 at the Parr O'Club. The evening begins with cocktails at 6 p.m., followed by a superb buffet at 6:30 p.m. and entertainment by the Texas Chili Peppers.

You can dine free at Sunday brunch on Feb 14 with a reservation for the dinner and dance on Feb. 13. If you can't make brunch the next day, you will be given a voucher for another time!

Price for this extravaganza is \$80 per couple for members or \$100 per couple for nonmembers. Reservations and prepayments are required. .

RANDOLPH RECREATION PARK AT CANYON LAKE – 1-800-280-3466

• Half price shelters

Rent a shelter Monday thru Thursday nights during the month of February for the low price of just \$17.50 per night. Each shelter is fully equipped with a kitchenette, a full size bed, bunk beds, AC, heating and a bathroom.

WOOD SKILLS CENTER – 652-2788

• Parent/child woodworking class

Your child will have a lot of fun putting the Scotty Dog Puzzle together on February 20 from 10 a.m. to noon. The cost for this class is only \$5 and signup deadline is Feb. 13.

• Beginner woodworking class

Learn the basics of wood crafting and also get certified on the equipment in the class scheduled for March 2 & 9 from 6-8 p.m. Cost is \$45 plus supplies.



HEART LINK

FEBRUARY 9 8:30 A.M. TO 2 P.M.

Heart Link orientates spouses new to the military or new to the area to all the services and programs on Randolph AFB and allows them to meet new people and create new friendships.

A light breakfast will be served as well as lunch and great door prizes will be given away.

Call 652-5321 to register for this "one of a kind" program!

Nell Buckley Performing Arts Series

[ugt]

you got talent

FAMILY & TEEN

Talent Contest

February 19 at 6 p.m. at the Parr O'Club

Eligible youth ages 5-18 are encouraged to participate. Register by February 12 at Youth Programs. For more information, call 652-3298.

SPORTS and FITNESS

AMERICAN HEART MONTH

HAWC focuses on heart health in February

By Robert Goetz
502d Air Base Wing OL-B Public Affairs

Since 1963 the month of February has been set aside to call attention to the No. 1 killer of Americans.

Cardiovascular diseases account for more than one-third of all deaths in the U.S. each year – more than all forms of cancer. Coronary heart disease, caused by the fatty buildup of plaque in the coronary arteries, is the single leading cause of death – more than 400,000 in 2006, according to the Centers for Disease Control and Prevention.

Randolph's Health and Wellness Center is actively involved in the battle against all forms of heart disease throughout the year with its Healthy Heart class and other classes that promote a healthy lifestyle. However, the HAWC focuses on heart health even more during American Heart Month with the availability of more educational materials and the installation of educational panels at five locations on base – the commissary, Pitsenbarger Hall, the medical clinic, the dining facility and Air Force Personnel Center.

Lorri Tibbetts, 359th Aeromedical Squadron health promotion flight chief, said a diet rich in fruits, vegetables, whole grains, fish and lean meats and low in saturated fat along with regular exercise are two keys to combating heart disease.

"Exercise will actually decrease the amount of bad cholesterol and increase the amount of good cholesterol in your body," she said.

The minimum amount of exercise Ms. Tibbetts recommends is walking 30 minutes three days a week.

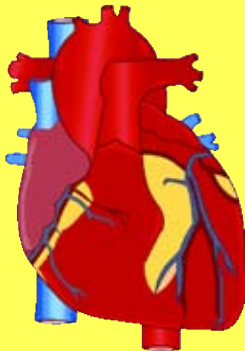
"Start slowly if you have to," she said. "But you have to get your heart rate up."

Count Your Risk Factors

A risk factor increases the likelihood of your having coronary heart disease or a heart attack. Some risk factors cannot be changed, however, those that you have control over should be carefully monitored. These risk factors are:

- Advanced age
- Male gender
- A family history of heart attacks
- High blood pressure
- Smoking
- High low-density lipoprotein cholesterol (bad cholesterol)
- Low high-density lipoprotein cholesterol (good cholesterol)
- A sedentary lifestyle
- Diabetes
- Heart enlargement
- The established presence of coronary heart disease

Courtesy of Wellness Councils of America
For more information, visit www.americanheart.org.



vegetable oils, including coconut, palm and cocoa, are examples of saturated fat. Hydrogenated oils contain trans fats, or trans fatty acids, which are created in an industrial process that adds hydrogen to the mix; they're even more harmful than animal fats in raising bad (low-density lipoprotein, or LDL) cholesterol levels and lowering good (high-density lipoprotein, or HDL) cholesterol.

Cholesterol, a fat made by the liver that is used by the body to help make hormones and build healthy cell membranes, travels in the blood wrapped in lipoproteins, substances that contain protein and fat. Low-density lipoprotein is "bad" cholesterol that can stick to the walls of arteries, damaging them and decreasing blood flow to vital organs; high-density lipoprotein is "good" cholesterol that is used as needed and may also remove LDL cholesterol from artery walls.

Ms. Tibbetts said a healthy diet and regular exercise aren't the only ways to battle heart problems.

"You need to reduce the amount of stress in your life," she said. "When you reduce your stress level, you also reduce your risk of heart disease."

The Healthy Heart class, which is co-taught by Ms. Tibbetts and Ms. Sides, covers the roles of diet, exercise and stress reduction in staving off heart disease. But it also addresses the genetic component.

"It's a good class to go to if you have a family history of heart disease, high blood pressure, high cholesterol and stroke," Ms. Sides said.

Cardiovascular issues are as prevalent at Randolph as they are in the general population. Ms. Tibbetts said two of the top three diagnoses at the Randolph Medical Clinic in December were heart-related – hypertension and high cholesterol.

February



Rambler Fitness Center group exercise class schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
6 a.m. - Cycling	9 a.m. - Yoga	6 a.m. - Cycling	9 a.m. - Step/Weights	6 a.m. - Cycling	9 a.m. - Kick Boxing
9 a.m. - Step	10 a.m. - Senior Strength	9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Pilates
11 a.m. - Step	11 a.m. - Step	11 a.m. - Step	10 a.m. - Senior Strength	10:15 a.m. - Cardiofusion	10:15 a.m. - Zumba
11:15 a.m. - Cycling	5 p.m. - Zumba	4 p.m. - Power Yoga	11 a.m. - Step	11:15 a.m. - Cycling	
5 p.m. - Step	6 p.m. - Kick Boxing	5 p.m. - Step and Kick	5 p.m. - Zumba	5:30 p.m. - Yoga	
5:15 p.m. - Cycling		5:15 p.m. - Cycling	5:15 p.m. - Cycling		
6 p.m. - Yoga		6 p.m. - Sets & Reps	6 p.m. - Kick Boxing		
7:15 p.m. - Kick Boxing		7:15 p.m. - Kick Boxing			

A Sunday yoga class is offered at 1 p.m. on Feb. 14, 21 and 28.

\$3 per class. For details on class passes or holiday class schedules, call the Rambler Fitness Center at 652-2955.
Equipment orientation available upon request for all patrons.

The Rambler Fitness Center's holiday hours are: Feb. 15 from 9 a.m. to 5 p.m. Classes offered that day are: step at 11 a.m. and cycling at 11:15 a.m.

AF officials launch FitFamily

WASHINGTON – Air Force officials are launching a new family fitness program that encourages an active lifestyle for kids and adults, and serves as an outlet to promote health and wellness in Air Force families.

FitFamily, a companion to the highly successful youth fitness program, Fit Factor, began Saturday, and will encourage families to “get up, get out and get fit – together.”

“The FitFamily program is more than just logging points, monitoring progress and earning incentives. It’s about families spending quality time together and setting goals with each other,” said Chief Master Sgt. of the Air Force James Roy, the Air Force’s top enlisted Airman. “Developing and caring for Airmen and their families is a top priority. We must continue taking time to care for and honor our commitment to our families.”

Air Force FitFamily focuses on the ABCs of family Health and Fitness to include participating in Activities, Building Healthy Habits and Counting your Progress.

“FitFamily is an important component of the overall Air Force fitness and health initiative and a visible part of the

Year of the Air Force Family,” said Condredge Fisher, program manager at the Air Force Services Agency. “The child and youth programs and the adult fitness centers will work closely together to promote the program. They will partner together and schedule activities throughout the year and incorporate

FitFamily activities into already existing Year of the Air Force Family events.”

FitFamily is a goal incentive program that is open to all active duty, Reserve and Guard members, Department of Defense and civilian families, retired military members, honorably discharged veterans with 100 percent service-connected disability and former or surviving military spouses and their family members.

To enroll in the program, families can log on to the official Web site at

www.USAFFitFamily.com and click on “Register My Family.” The system will send a password to each family member’s e-mail. Additionally, the interactive FitFamily Web site also provides resources, ideas and goal-setting tools to help Air Force families be active, make healthy nutrition choices and have fun in an effort to promote overall wellness.

For more information about FitFamily activities contact your local Youth Center or adult Fitness Center.



**Get up. Get out. Get fit.
Together.**

Sports BRIEFS

Golf tournament, lessons

- The Randolph Oaks Golf Course hosts a Presidents’ Day golf tournament Feb. 15 with 7-9 a.m. tee times. The entry fee is \$10.
- The Randolph Oaks Golf Course is offering five golf lessons plus time on the course for only \$99 (clubs furnished). A minimum of four people is required.
- Swing doctors Brian Cannon and Charles Bishop (PGA) are available for golf lessons. To sign up, call 652-4653.

Valentine’s Day 5K team relay run

A team Valentine’s Day 5K run takes place Feb. 13 at 8 a.m. at Eberle Park. The first runner will run 1.6 miles and their teammate will run the last 1.6 miles. The first 50 participants to sign up receive a T-shirt.

Varsity coaches

The Rambler Fitness Center is looking for men’s and women’s varsity softball coaches for the upcoming season.

Those interested can bring their resumé to the Rambler Fitness Center or call 652-7271.

Volunteer coaches needed

Volunteer coaches are needed for all youth leagues. A completed application including a background check must be on file prior to the first practice.

Call Jeri Peterson at 652-2088 for details.

